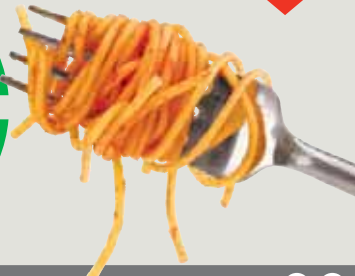




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Snail mail in the emoji age

COMMUNICATION

Halifax group aims to get people writing letters, cards



**Haley
Ryan**
Metro | Halifax

In an age of texts, emojis and LOLs, one local woman is helping Haligonians keep the written word alive.

Lauren Abbott, 29, founded the Halifax Snail Mail Society (HSMS) this past November and has hosted an event nearly every month at Alteregos Café in the city's north end or other spots in the city where people gather to write and get crafty with their own letters or cards.

"It's just a really special form of communication," Abbott said Monday. "A text is fine, but it's so much more interesting if you do something with it or remind them in a different way."

Abbott, who is from Toronto, where she has spotted other snail

mail groups, moved to Halifax last summer and said paper has always been her favourite way to keep in touch with friends and family. Certain thoughts also come through your pen that you might not expect, Abbott added.

"They think, 'Oh how the heck am I going to fill this page,' but by the end they've filled like five," Abbott said.

A Valentine's event was really popular this year, Abbott said, and she hopes to see even more come out for a "big dance party-mailing thing" later this summer.

While writing is usually solitary, Abbott said the group aspect really helps people bounce ideas off one another, get inspiration for tiny pieces of art they could mail, and realize others have the same passion for beautiful words set to paper. "It's just another way to get back into your thoughts and kind of be in the present moment."

+ UPDATES

Visit the group's Facebook page at HSMS: Halifax Snail Mail Society



Lauren Abbott, founder of the Halifax Snail Mail Society, writes a letter in her Halifax home on Monday. JOSH BROWN/FOR METRO



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U.S. soldiers remembered at annual Memorial Day event

PURCELL'S COVE

Ceremony pays tribute to the fallen in War of 1812

Heide Pearson
For Metro | Halifax

More than 100 naval officers gathered in front of Target Hill on Deadman's Island in Purcell's Cove on Monday to commemorate the United States' fallen soldiers.

Target Hill is the final resting place for almost 200 soldiers who died while imprisoned on Melville Island during the War of 1812.

Vice-Admiral Michael Connor, commander of U.S. Submarine Forces, paid tribute to the Melville Island prisoners along with Rear-Admiral John Newton, commander of Maritime Forces Atlantic and Joint Task Force Atlantic.

Connor described Deadman's Island as being a "beautiful, proper resting place for people who loved their country."

Monday's ceremony featured a military band, cannon salute and Sea King helicopter flying overhead. The King's Orange Rangers, a military re-enactment group from Halifax, were also there, dressed in historical red uniform to mark Memorial Day.

This year's ceremony was held in remembrance of the fallen soldiers of the War of 1812, but also to mark the 200th anniversary of the Treaty of Ghent signing, which ended that war.

Naval officers from the USS Virginia were there to pay their respects to soldiers who fought before them.

Anthony Mooney is the assistant navigator of the American attack submarine and for him, it was "really an honour" to be at this year's annual event in Halifax.

"Normally we don't get to visit the grave sites of past fallen heroes," he said.

Edward Langille is a veteran of the U.S. navy who served in



Crew members of the USS Virginia in a moment of silence during Memorial Day ceremonies Monday on Deadman's Island in Halifax. JEFF HARPER/METRO



I think it's important, no matter how long a serviceman has been dead. If they served their country and died for their country, it's important to honour those people.

Edward Langille, U.S. navy veteran

the Cold War, from 1955 to 1959. He now lives just outside of Truro. This is the second year that Langille has taken in the Memorial Day ceremony at Deadman's Island.

"I think it's important, no matter how long a serviceman

has been dead," Langille said. "If they served their country and died for their country, it's important to honour those people."

 **MORE LOCAL NEWS ONLINE**



Greg Wentzel, a re-enactor from the 84th Regiment of Foot, attends a Memorial Day ceremony Monday at Deadman's Island in Halifax. JEFF HARPER/METRO



A Bobcat with a street sweeper attachment cleans up Barrington Street in Halifax earlier this month. JEFF HARPER/METRO

A gritty reality

COMMUNITY

Dust woes cost municipality \$280K in sand removal



Stephanie Taylor
Metro | Halifax

Although the snow may have melted, it seems the city's bill for cleaning up the mess from this past winter is never-ending.

Halifax Regional Municipality had to shell out about \$280,000 extra to clear the streets of sand that was left behind from snow removal operations, according to the superintendant of streets and sidewalks.

"It's money we normally don't spend, but it's money we knew

we had to spend this year," Don Pellerine said Monday.

Since mid-April, when street cleaning began, Pellerine said HRM paid around \$10,000 per day for three weeks to bring in extra equipment that was needed if the city was to meet its deadline of clearing leftover sand and grit from streets by June 1.

"We really pushed the envelope to try and get it cleaned up as fast as possible," Pellerine said. "If we hadn't brought in the extra machinery it would have taken us probably to the end of July."

He said the city brought in five extra contract sweepers, as well as seven broom tractors, on top of the department's fleet of eight machines.

Thanks to the extra machinery, he said city crews are well-on track to meet the deadline, noting that all that's left are areas

near driveways and the odd street that may have been missed.

Deciding to pay the price to bring in backup was "not made lightly," Pellerine said. He noted that residents expect better than having dusty streets turn into a lingering problem.

Pellerine said the money for sand removal will come out of the 2015-16 municipal snow budget, which regional council approved at \$21.7 million.

He called this past winter an "anomaly," saying there is no definitive amount allocated for sand clearing, as it depends on how much was used during snow removal.

Due to this year's extreme ice conditions, he explained winter crews had to lay sand on core streets in Dartmouth, Halifax and Bedford, which are usually serviced by salt, resulting in a springtime cleanup triple the size of previous years.

IN BRIEF

Teens caught in stolen car

New Glasgow Regional Police have arrested four teenagers who were caught while driving a stolen car from Cape Breton.

No one was hurt and there was no property damage. Police apprehended the four teenagers and arrested and charged the driver, a 17-year-old male from the Cape Breton area, with possession of stolen property, dangerous driving, flight from police, breach of probation and driving while his licence is revoked. In addition, the passengers were charged with possession of stolen property. NEW GLASGOW NEWS

COLLISION

Two adults, teen face several charges



Haley Ryan
Metro | Halifax

Two adults and one teen are facing several charges after they fled from police and collided with two cruisers, the RCMP said Monday.

The driver of the suspect vehicle lost control when he failed to complete a turn onto Martin Lake Drive near the community centre in Lake Echo, and the release said two RCMP cruisers collided with the vehicle.

All three cars were damaged but no one was injured, police

said. Officers arrested three people without incident.

Stewart Leon Brown, 23; Tenisha Noel Brown, 24; and the 17-year-old face a range of charges including flight from police, dangerous operation of a motor vehicle, possession of stolen property, possession of a weapon dangerous to the public, unauthorized possession of a motor vehicle, among others.

The adult man and teen appeared in court Friday and were remanded back into custody. The woman was released from custody on conditions Thursday, and will be appearing in Dartmouth provincial court June 30.

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ALERT

Nail found inside potato at Superstore

Watch out for studs in your spuds.

An Atlantic Superstore staff member stumbled across a nail inside a potato over the weekend at the grocery outlet's Quinpool Road location, Halifax Regional Police warned Monday.

"An employee of the Superstore was inspecting these bags when he observed what he believed to be a potato stuck with some kind of an object," police spokesman Sgt. Pierre Bourdages said.

"When they realized there was a nail in that potato, they called police," he said.

The dangerous potato was discovered "at the back of the store," Bourdages said, explaining it hadn't yet been put on sale to the public.

"We do have that bag in our possession," he said. "It doesn't appear anybody was injured, from that one, anyway."

The affected food was from a bag of Farmers Market Russet Potatoes, which have been the subject of other food tampering incidents in Nova Scotia, as well as in New Brunswick and on Prince Edward Island.

"We are aware of other incidents throughout the Maritimes involving this brand as well," Bourdages said. "We ask people to remain vigilant, especially using that specific brand of potato."

Anyone who finds foreign metal objects in a potato should not throw it out, but call police instead, so that the matter can be investigated, police said.

KRISTEN LIPSCOMBE/METRO



An employee found a nail inside a potato at the Atlantic Superstore on Quinpool Road in Halifax. GETTY IMAGES

CRIME

Taxi passenger faces robbery charges

After spending most of the weekend in police custody, the cab customer who allegedly went on a late night robbery spree across Halifax was scheduled to appear in court Monday to answer to four separate charges.

Stephen Paul Austin, 43, is charged with two counts of robbery and four counts of attempted robbery, police said, after he allegedly directed a Bob's Taxi driver to take him to

six different locations around town late Friday night and early Saturday morning, including three Subway locations, a McDonald's restaurant, an Ultramar gas station and a Needs Convenience store.

Halifax Regional Police said they responded to five robbery calls between about 11:50 p.m. on May 21 and 1:20 a.m. on May 23, all involving the same male suspect.

He entered the franchises, except for the Needs store, and demanded money from the clerks but only managed to get cash from two places.

Nobody saw a weapon or was hurt in these incidents, police said.

Officers arrested Austin outside the Needs Convenience store on Chebucto Road, apprehending him from the back of the taxi. KRISTEN LIPSCOMBE/METRO

OF NOTE

Police also arrested cab driver Harry Richard, 54, who was later released "once officers determined that he was not involved in the robberies," an HRP news release said.

Women react to alleged sex assault

CRIME

Alleged victim was in a taxi, police arrested driver Saturday

Heide Pearson & Kristen Lipscombe
Metro | Halifax

Some Haligonians have expressed shock upon learning about a young woman allegedly being sexually assaulted by a cab driver this past weekend in Halifax.

Halifax Regional Police said a patrol officer came across a cab parked at the corner of Atlantic and Brussel streets in the city's south end at about 1:20 a.m. on Saturday.

The officer noticed "suspicious activity inside the vehicle," a police news release said.

Upon further investigation, police determined that the 26-year-old female passenger had been sexually assaulted by the driver.

"It's alarming," Corinna Ridgley, 49, of Sackville said Monday in downtown Halifax.

Ridgley said she often takes cabs around town. "We don't live in a time where you feel as safe as you once did."

Katie Zinck, 23, uses Halifax cabs and public transportation on a regular basis.



Taxis line Lower Water Street in downtown Halifax on Monday. JEFF HARPER/METRO

"It's alarming as a woman, it's alarming as somebody that takes taxi transportation across the city," Zinck agreed.

"It (will) obviously make some women in the city aware and worried to take taxis now."

For Dartmouth native Nicole Drake, the idea of someone being assaulted in a cab further deters her from using taxi transportation. She said she feels sad and disgusted by the alleged events.

"The fact she was in the cab when that happened is like crossing a safety line," Drake said. "It's wrong."

Matthew Rooney said he feels safer walking the streets of Halifax or taking a bus than

“It (will) obviously make some women in the city aware and worried to take taxis now.”

Katie Zinck

when taking cabs.

"In a cab, you're in an isolated area with someone you don't know that has control over the car you're driving in," Rooney said.

The officer arrested the cab driver on scene. Police held Bassam Aladin Al-Rawi, 39,

in custody over the weekend. He was expected to appear in Halifax provincial court to answer to the sexual assault charge Monday.

A source told Metro Halifax the accused was working for Bob's Taxi, a Dartmouth-based company. Paramedics took the 26-year-old victim to hospital to be checked out and she was later released, police said.

This isn't the first time a Halifax-area taxi driver has faced sexual assault charges.

A 32-year-old Halifax man was accused of the crime in August 2014 after allegedly grabbing a woman's buttocks as she got out of his cab.

CRIME

Woman facing charges after double stabbing

Springhill police have charged a 58-year-old woman with aggravated assault for stabbing a man after he had attacked another man in the same residence.

On Saturday around 9 p.m., police and paramedics responded to the stabbing incident on Church Street.

According to an RCMP news release, the investigation showed a 59-year-old Springhill man had been stabbed several times by the woman from Amherst. The woman was arrested at the scene without incident and remains in custody, the RCMP said.

Before the victim was stabbed, he had assaulted a 69-year-old man in the

residence, the news release said.

That man, who suffered a minor stab wound, was also taken to the same hospital by paramedics.

The woman is facing charges of aggravated assault, assault with a weapon, and possession of a weapon for a dangerous purpose. METRO

Man faces charges after weekend stabbing

A 20-year-old Halifax man is set to appear in provincial court Monday to face charges in relation to a weekend stabbing.

Halifax Regional Police said they arrested Joseph Douglas Rolfe without incident on Jackson Road in Dartmouth at about 1 a.m. Saturday, a half hour after officers responded to the

stabbing call.

They found a 39-year-old man suffering from stab wounds in a residence on the 100 block of Primrose Street. Emergency Health Services paramedics transported the victim to hospital for treatment of non-life threatening injuries, police said in a news release.

Rolfe must answer to charges of aggravated assault, possession of a weapon for a dangerous purpose and four counts of breaching court orders, police said. METRO

Woman charged with attempted murder

A 28-year-old woman is facing an attempted murder charge after police say she assaulted a man in Dartmouth on Sunday night.

Halifax Regional Police

said officers responded to the stabbing call on the 0-100 block of Farrell Street at about 8:20 p.m.

When police arrived on scene they found a 41-year-old man suffering from non-life threatening injuries after being stabbed, a news release said.

Officers arrested the suspect on scene and recovered the weapon. Paramedics rushed the victim to hospital and he was later released.

Halifax Regional Police said the woman was held in custody overnight and she was to appear in Dartmouth provincial court Monday to face charges of attempted murder, aggravated assault, assault with a weapon, possession of a weapon for dangerous purposes, and breach of conditions. METRO

Dartmouth skaters stoked they'll get their own park

LEISURE

Spokesman praises site while design in discussion



Stephanie Taylor
Metro | Halifax

For Andy Sawler, a new skate park in Dartmouth has been a long time coming.

The Dartmouth Skate Coalition spokesman said Monday he's been working with skateboarders in the community since the late '80s, when he helped establish a seasonal park, so he's thrilled the area will finally have one to call its own.

"We felt it was overdue for Dartmouth to have its own park," Sawler said, citing the growing popularity of skateboarding around the city.

According to the municipality, there are 11 permanent skateboard parks, all located within the Halifax area.

Halifax Regional Municipality recently awarded a tender to build one in Dartmouth to American-based skateboard park designers Gridline, who will be partnering with the local firm Ocean Contractors.

The proposed design will be discussed during a public



A rendering of the proposed skate park for the Dartmouth Commons. HALIFAX REGIONAL MUNICIPALITY

meeting at the Dartmouth Sportsplex on Wednesday at 6 p.m.

Sawler believes the location of the new park on the Dartmouth Common "couldn't

be better," and pointed to its proximity to transit routes, as well as to the popular arena itself.

The city plans for construction of the new skate park to start in June and be finished by late summer.



We felt it was overdue for Dartmouth to have its own park.

Andy Sawler, spokesman for Dartmouth Skate Coalition

TAX Water study will save city money

Halifax Regional Municipality is looking to cut its water bill, which could not only reap long-term relief for the environment, but potentially for the tax rate.

Richard MacLellan, the city's manager of energy and environment, said HRM has recently commissioned a water conservation study in an effort to save money. Each year, the city uses about 350,000 cubic metres of water for a \$1-million cost to taxpayers. And with the price of water increasing, MacLellan said that amount is destined to rise.

At the same time, he said the city completed a series of building assessments on its facilities and is embarking on a recapitalization plan that will impact future infrastructure decisions, so an update on water consumption levels made fiscal sense.

"Considering there is a million bucks and growing at play, carving out \$100,000 or \$200,000 on those costs annually would be great," MacLellan said. Water savings could mean extra money for the city to spend on other projects besides the operating costs of buildings, as well as alleviate some pressure from the tax rate down the road, he explained.

To his knowledge, this is the first time the municipality has developed a water conservation plan, as HRM typically assesses its water consumption on a case-by-case basis.

MacLellan noted that the city has saved more than \$700,000 annually in recent years thanks to nearly \$3-million invested in new energy efficiency projects.

STEPHANIE TAYLOR/METRO



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Fishing boats sit loaded with lobster traps in Peggys Cove.
THE CANADIAN PRESS

Fishermen cut out of lobster deal

FISHERIES

Producers need input into marketing fee: Representative

Any belief that a potential lobster marketing fee can move ahead without fishermen from southwestern Nova Scotia was categorically put to rest Monday by a buyer from the region.

Terry Zinck was reacting to comments made Thursday by Fisheries Minister Keith Colwell who said any potential agreement on a fee could be reached with buyers only in the province's largest lobster fishery.

Colwell clarified the comment a day later, saying any contribution from lobster buyers and

processors would require the support of the entire industry.

Zinck, who is chairman of a representative committee set up by the Nova Scotia Fish Packers Association, said a buyers-only agreement is not an option.

"We are willing to sit down and put our piece together," Zinck said. "We are not going to start a fund and wait for others to join in."

Zinck said talks with the minister and his department have only been preliminary to date and the two sides need formal discussions before any agreement is reached.

Any final agreement on a fee would have to involve a three-way split between buyers, fishermen and the province, he said, adding confusion over Colwell's comments underscores the challenge in getting an agreement.

THE CANADIAN PRESS

INFRASTRUCTURE

Bridge out after tow truck collision

A bridge over a busy provincial highway in southwestern Nova Scotia has been closed after it was struck by a truck towing an excavator.

The provincial Transportation Department said Monday the Bonnie Road overpass near Meteghan, about 40 kilometres north of Yarmouth, suffered structural damage around 10 p.m. on Sunday.

The department said the truck struck it while driving on Highway 101 and the collision caused

damage to several of the main steel girders on the overpass.

Inspectors examined the overpass Monday and said it will have to be closed for "a number of months" for repairs.

Andrew Preeper, a spokesman for the province, said a detour will be set up.

He said while there isn't a cost estimate, it is normal in this kind of case for the province to seek reimbursement for damages from the truck's owner.

THE CANADIAN PRESS

GLACE BAY

Child molestor sentenced to seven years

A provincial court judge imposed a seven-year federal prison term on a Glace Bay man on charges that include incest.

The 29-year-old man plead guilty to two counts of sexual assault, as well as single counts of sex assault while threatening violence, in addition to the incest charge. The offences occurred between 1999 and 2012 when the victim was between the ages of seven and 20.

Three of the offences occurred

while the offender was between the ages of 14 and 16, which required he be sentenced a youth.

On those charges, Judge Jean Whalen imposed a two-year sentence. On the remaining adult matters, Whalen imposed a five-year sentence to run consecutively.

Whalen also ordered the man submit a DNA sample to the national registry, and he must be a registered sex offender for 20 years. He is also banned from

possessing weapons for life. He is also to have no contact with his victim.

The court was previously told that the first offence occurred when the victim was seven, during which his clothes were removed and the accused forced anal sex on him and then demanded the victim perform oral sex.

In two other incidents, the accused threatened the victim with a knife and again forced

anal intercourse and also had the victim perform oral sex.

The final incident also involved forced anal intercourse and oral sex. The victim continues to recover from the attacks, which over the years has led to suicide attempts, mental health issues and substance abuse.

In her decision, Whalen noted that the offender is at a high to risk to reoffend and that his actions were serious and violent.

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Art shows 'communities within our community'

LGBTQ

Aim is to represent diverse groups



Haley Ryan
Metro | Halifax

Halifax is looking for someone to help make the celebration and struggles of the LGBTQ community become a permanent part of the city.

The city has sent out a call for artists to work with the LGBTQ community to develop a vision and create a piece of art that will be sandblasted into the concrete pedestrian plaza on the Halifax Common, near the intersection of North Park and Cogswell streets.

The entrance plaza is one of three being built as part of the North Park Intersection Redesign Project. The other two will incorporate aboriginal and African Nova Scotian community art, and the city is also seeking artists for those plazas along North Park Street.

"It's not something you just expect to happen, that people want these visual representations of communities within our community," Sheena Jamieson of The Youth Project said Monday. "It's pleasantly surprising."

The Youth Project, a non-profit dedicated to supporting young LGBTQ people, will partner with



I'm interested to see what some enterprising artist comes up with.

Sheena Jamieson with
The Youth Project

the city and artist to create the piece by brainstorming with the community from July through to completion in September, said Kate MacLennan of Halifax Regional Municipality's parks and recreation department.

The Mi'kmaw Native Friendship Centre will help collaborate with the aboriginal artwork that will go in across from Cornwallis Street, while the Black Learners and Leaders Advocacy Collective will be involved in the African Nova Scotian plaza.

MacLennan said it's important to have the communities work with the artist so the end product is "something they feel good about." After hearing from the community this winter, MacLennan said the LGBTQ art piece carries the theme of celebration and struggle in a historical lens, while Jamieson added it will hopefully balance sexual orientation and gender identity.

Jamieson said it would also be ideal to have each artist be from the group they are representing.

The calls for artists to design the other two plaza pieces are expected to go out by the end of next week, MacLennan said.



Sheena Jamieson with The Youth Project in Halifax. JEFF HARPER/METRO

MCNABS ISLAND

Mounties ask for tips in theft case

Halifax RCMP are hoping anyone with information about a McNabs Island theft earlier this month sees the light and calls in with a tip.

On Monday, Halifax RCMP highlighted a May 1 theft on the island as their crime of the week. Two large solar panels, a controller, battery and associated hardware from the composting toilet were stolen, police said.

"This is detrimental to the McNabs Island as well, and the park," Const. Lisa Howe said.

"It's just important if anybody has any information to reach out to Crime Stoppers, which is anonymous."

Howe said the case is challenging because there is no video surveillance to go through, and because the island is so isolated there aren't likely many eyewitnesses who were in the area.

However, she said the thief or thieves would have needed access to a boat to make off with the \$3,000 worth of equipment put in by the Friends of McNabs Island Society.

"That's a lot of money to have to try to replace things that were special-ordered," Howe said.

The composting toilet still works for the most part, Howe said, but the solar panels had helped the toilet and fan system function, so it's now a less pleasant place to be with the heat of summer coming on.

HALEY RYAN/METRO

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LOST AND FOUND

Cash found tucked in Value Village textbook



Kristen Lipscombe
Metro | Halifax

Do you remember tucking a pile of cash in an old book?

Halifax Regional Police are asking for the public's help in finding the owner of "a large sum of money" found recently in a used university textbook that had been dropped off at a local thrift store.

Officers responded to Value Village on Chain Lake Drive in Halifax at about noon May 20 after an employee came across "several thousands of dollars" hidden inside the donated text, police said in a news release Monday.



"A large sum of money" was found in a donated book. METRO FILE

The book was dropped off via the store's drive-in donation drop off on either May 19 or May 20, police said.

The owner, or anyone who might know the owner, is asked to call police at 902-490-

5016, but in order to claim the cash, "the person must be able to specify the amount of money, what denominations, and any details about the textbook, including the subject matter," the news release said.

Planning Canada's big 150

CONFEDERATION

150Alliance stopped by in Halifax to chat 2017 festivities

Rebecca Dingwell
For Metro | Halifax

The country doesn't celebrate its 150th anniversary for another two years, but a national network is already encouraging Canadians to start planning the festivities.

On Monday, 150Alliance held a meeting in Halifax for the first time.

"The power of 'together' is very eminent as we go from city to city," alliance vice-president Anne-Marie McElrone said Monday at Pier 21, where representatives from groups such as the Art Gallery of Nova Scotia, the Royal Nova Scotia International Tattoo and the United Way of Halifax gathered to share ideas on how to celebrate Canada's big birthday.

"We know when we get together we can change more," McElrone said.



Groups such as the Nova Scotia International Tattoo attended the 150Alliance meeting at Pier 21 in Halifax on Monday. METRO FILE

150Alliance is bringing together organizations from coast to coast to get people from across the country pumped about 2017, which will mark 150 years since Canadian Confederation.

The group took off after a founding meeting in Ottawa on Jan. 23. It has since been trav-

elling across the country.

"Canada is a vast country, and we can't always be in the same room," McElrone said.

That's why one of its goals is to create a digital platform and resource centre, which will catalogue every 2017 event or project being planned by Can-

adian groups.

While individual organizations may create their own calendars, McElrone said they hope theirs will be the largest Canada 150 database in the country.

Other speakers offered their experiences in event or project planning Monday. Penny Walsh-



We know when we get together we can change more.

Anne-Marie McElrone, vice-president of 150Alliance

McGuire, for instance, was the executive director for PEI 2014, Inc. Walsh-McGuire was one of the people responsible for organizing events in the province that year, including a 70-day-long festival.

"The countdown is on," she told the meeting attendees, encouraging them to start planning early. P.E.I. was the pinnacle of Confederation celebrations in 2014, but that won't be the case in 2017.

"There's going to be competition even for suppliers, contractors and things like that," she said.

Haligonian speakers included El Jones, Brookes Diamond and Jim Forde.

There was also a brief comedic performance by local theatre group Make 'em Ups Improv Co. The alliance's next stop is Quebec City.

NATURAL RESOURCES

Doling out dough to miners

Nova Scotia's government is calling on prospectors and miners to ask for its cash.

The Department of Natural Resources announced Monday it has funding available for new initiatives through its Mineral Incentive Program.

"I am very encouraged that this program is leading to new mineral discoveries and attracting new interest in mineral exploration in our province," Natural Resources Minister Zach Churchill said in a news release.

"The economic importance of mining and mineral exploration, especially to rural Nova Scotia, cannot be understated," he said.

The program has \$400,000 available in grants, according to the news release, with eligible prospectors able to receive up to \$15,000.

"Shared grants up to \$100,000 are available for projects that show strong potential to lead to new discoveries of minerals or to expand work on previous discoveries," the release said. METRO



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Facebook to distribute targeted Amber Alerts

SOCIAL MEDIA

Network to help by providing details of missing child

Facebook Canada will start sending Amber Alerts to users near the location where a missing child is believed to have vanished.

The alerts will provide all available details of the missing child and can be easily shared, to help spread the word.

The social media network says it will work with police in major centres across the country to get the alerts out.

Facebook started a similar system in the United States in January.

Public Safety Minister Steven Blaney made the announcement Monday at Ottawa police headquarters.

Blaney says the project will mobilize the online community in the event of an abduction.

He pointed out that Monday was National Missing Children's Day.

"There is no greater fear for a parent than the possibility of a missing child," he said in a statement.

"Today is an important day to remember not only children who have gone missing, but also their loved ones."

Jordan Banks, managing director of Facebook Canada, said



Victoria, who turns one today, is seen with her parents Melissa McMahon and Simon Boisclair, of Trois-Rivieres, Que., in Ottawa Monday. Victoria was taken from a hospital last year and found thanks in part to the Internet. SEAN KILPATRICK/THE CANADIAN PRESS

ector of Facebook Canada, said speed is vital in dealing with an abduction.

"The most valuable thing we can do is get information out to the public as fast as possible," he said in a statement.

"By getting the right information to the right people at the right time through targeted Amber Alerts on Facebook, we hope to reunite missing children with their families faster."

Pina Arcamone, director

general of the Missing Children's Network, said Facebook is uniquely positioned to help with Amber Alerts.

"When a child disappears, every second counts and statistics have shown that the rapid dissemination of information greatly increases the chances of locating a missing child, safe and sound."

"Facebook's geo-targeted

alerts will give Amber Alerts an expanded social media and Internet presence, thus greatly enhancing our abilities to quickly recover the child."

Last year, a newborn abducted from a hospital in Trois-Rivieres, Que., was found after four teens saw a photo of the suspect in their news feeds and recognized her.

THE CANADIAN PRESS

FOOD

Beware pale pasta imitators

Is your spaghetti dinner really Italian?

Not if you're using marinara sauce from a jar, regular supermarket pasta, everyday olive oil or — gasp — grated Parmesan cheese, says Pasquale Bova, the Italian trade commissioner to Canada.

And he warns it's a very serious economic issue hurting both Canadian taste buds and Italy's food export business. So the Toronto office of the commission has launched its biggest-ever advertising campaign to raise consumer awareness about imitation Italian food products.

"If you're not buying Italian, you're not eating Italian," Bova said in an interview.

Canada, the U.S. and Mexico are some of the largest consumers of imitation Italian food products, according to the commission. Meanwhile Canada is among the Top 10 worldwide destinations for real, made-in-Italy food and beverage exports.

However, Canada buys an estimated \$3.6 billion of "fake" Italian foods every year, says Bova. "Italian cheeses have more look-alikes than Elvis Presley," says the commission's website, italianmade.com.

The commission advises looking for "Made in Italy" on the label, the region it's from, or a DOP (Protected Designation of Origin) logo or IGP (Indication of Geographical Protection) certification on packaging.

TORSTAR NEWS SERVICE

When a child disappears, every second counts.

Pina Arcamone, Missing Children's Network

STATE OF EMERGENCY

Wildfire forces 2,000 people from their homes in Alberta

A wildfire has forced about 2,000 people from their homes in northern Alberta.

Cyndi Taron, director of emergency management with the Municipal District of Opportunity, said a state of emergency was put in place Sunday night for the area, 330 kilometres north of Edmonton.

About 1,000 residents of the hamlet of Wabasca and another 1,000 people from the surrounding Bigstone Cree Nation checked into reception centres in Calling Lake and Athabasca, she said. Others were staying with friends or had gone elsewhere with campers and tents.

Mounties were going door-to-door in the communities and talked with some people who

didn't want to leave, she added.

"It's mandatory but the RCMP do not have the authority to start dragging people out of their homes at this point," Taron said Monday.

It just goes to show you how warm and dry it is out there.

Geoffrey Driscoll, wildfire information officer

The out-of-control blaze first prompted an order to leave on Saturday, but residents were allowed to return that evening after it was contained. They were forced out again Sunday after-

noon when wind pushed the flames past a fireguard.

"It just goes to show you how warm and dry it is out there," said wildfire information officer Geoffrey Driscoll. He said the fire, about two square kilometres or the size of 100 Canadian football fields, was one of 29 fires burning in the province on Monday.

Another blaze near Cold Lake caused Cenovus Energy and Canadian Natural Resources Ltd. to pull about 2,000 workers and shut down their oilsands operations Saturday.

The closures have resulted in lost production of about 233,000 barrels of oil a day — roughly a 10 per cent loss of the province's daily production of oil-sands crude. THE CANADIAN PRESS

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B.C. dolphin dies despite cutting-edge surgery

VANCOUVER

Vet calls procedure an 'incredible step forward'



Thandi Fletcher
Metro | Vancouver

Hana, a Pacific white-sided dolphin at the Vancouver Aquarium, has died despite efforts to save the marine mammal with cutting-edge surgery never before performed on a dolphin or whale.

The dolphin, which developed a twisted bowel, died around 7 p.m. Sunday surrounded by a team of aquarium staff that had cared for the marine mammal for the past decade.

"She looked at everyone, took her last breath and her heart just sort of stopped," Dr. Martin Haulena, head veterinarian at the Vancouver Aquarium Marine Science Centre, said Monday. "Hana was a wonderful, fantastic, affectionate, loving animal. She was an amazing dolphin, and certainly a friend to us."

Last Monday, aquarium staff noticed Hana was behaving differently and veterinarians determined the animal was suffering from a gastrointestinal disorder.

Late Thursday, a team of seven veterinarians performed bowel surgery on Hana. The procedure marked the first time general anaesthesia has been successfully used on a dolphin or a whale, said Haulena.

Hana survived the surgery, but

had to be resuscitated a couple of times during recovery and was incredibly weak. Although the dolphin showed some signs of improvement on Saturday morning, Hana's condition deteriorated until she died Sunday evening.

The surgery and post-mortem examination confirmed what veterinarians had suspected.

Haulena said Hana experienced "loops of bowel" that twisted upon themselves and caused a large section of the animal's small intestine to become compromised, eventually leading to septic shock. It's unclear what caused the disorder, which Haulena said happens spontaneously to dolphins both in captivity and in the wild.

While the aquarium is devastated by Hana's death, Haulena said the silver lining is that the surgery was considered to be a

success. He said the procedure represents an "incredible step forward" in veterinary care for cetaceans.

Because dolphins and whales live in water and are conscious breathers, surgical procedures are considered high-risk and are extremely rare.

"We've taken a really huge, giant leap in our ability to care for animals," he said. "That's huge. It means we can do it again. We can always get better at what we do."

Hana, believed to be about 21 years old, arrived at the Vancouver Aquarium in 2005 from Enoshima Aquarium in Japan, where the dolphin was recovering from injuries after becoming tangled in fishing net two years earlier.



A Vancouver Aquarium dolphin died Sunday despite efforts to save it, including a new kind of surgery performed by a team of veterinarians from across North America. CONTRIBUTED

“We’ve taken a really huge, giant leap in our ability to care for animals.”

Dr. Martin Haulena

OTTAWA SHOOTING

Ops centre lacked staff, food: Hill shooting report

On the day of the Parliament Hill shooting, the federal Government Operations Centre did not have computer technicians on site, food was limited and senior emergency officials weren't in the building.

Those are some of the details revealed in newly released documents on the government's emergency response. Officials at Public Safety Canada convened meetings soon after the Oct. 22 attack by gunman Michael Zehaf Bibeau, to see what they could learn.

The operations centre helps co-

ordinate the emergency response for the entire federal government.

Senior executives who were part of the emergency response plan weren't in the centre the day of the shooting, which "created inefficient and ineffective communication with the decision-makers," a preliminary observation report said.

No names were listed, but the deputy minister of Public Safety is the co-ordinating officer for the emergency response plan.

Meanwhile, some of those responsible for business continuity and emergency plans in

the larger Public Safety Canada building wound up in the operations centre, leaving a leadership vacuum behind.

The heavily redacted documents were obtained by The

BACKGROUND

According to the RCMP, the remaining 18 seconds of video the gunman recorded before his rampage will be released in the next two weeks.

Canadian Press under the Access to Information Act.

Another key finding was that technical help wasn't available in the centre. "The support was not available to the GOC ... it was apparent that on-site support would have been useful to improve the efficiency and effectiveness of the response."

Some employees who were in the locked-down building that houses the centre also apparently found themselves without food.

"Comments received indicated the food supply to sustain the GOC operational needs should

be addressed," the report said. "Given the circumstances of the event (proximity to the event, building lockdown, critical service provided by the GOC), a food supply should be stocked accordingly."

Another problem was that government employees were variously told to go into "lockdown" or "shelter-in-place," during the crisis. The two terms are used for different situations. Shelter-in-place refers to incidents where there is a hazardous chemical in the air outside.

THE CANADIAN PRESS

MILITARY

Scope of sexual culture hazy

The general in charge of overhauling the highly sexualized culture of the Canadian Forces says there's no consensus among soldiers about the true scope of the problem.

Maj.-Gen. Christine Whitecross says that's what she's heard at round tables held in the wake of a scathing report on the issue released earlier this month.

Whitecross has told a House of Commons committee she's already been to six bases to brief 5,300 military personnel on the issue as part of implementing the report's 10 recommendations.

The report said the Canadian Forces needs to acknowledge there is a problem with inappropriate sexual conduct in its ranks.

Whitecross says while there may be no consensus on the gravity of the issue among those she has spoken with, there is a real will for change.

THE CANADIAN PRESS

SASKATCHEWAN

More sex charges for coach

Convicted pedophile and former junior hockey coach Graham James is facing more sex-related charges.

RCMP in Swift Current, Sask., say James is charged with sexual assault that is alleged to have occurred when he was coaching the Swift Current Broncos in the early 1990s.

The Mounties say they began an investigation after they received a complaint from a former player with the Western Hockey League team in September 2013.

James, who is 62, served three-and-a-half years in federal prison for sex offences against Broncos hockey player Sheldon Kennedy and two others.

He is now serving a five-year sentence for sexually abusing retired NHL player Theoren Fleury when he played for the Moose Jaw Warriors.

A lawyer for James appeared this morning in Swift Current provincial court where a publication ban was ordered.

The case was put over to June 19. THE CANADIAN PRESS

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METRO CUSTOM PUBLISHING

FAMILY VISION CLINIC

Give yourself the gift of sight

Wear sun protection and visit your optometrist

A common question optometrists often receive is: "Is there anything I can do to improve my vision?" Although many eye diseases have genetic factors, there are some modifiable, or changeable environmental factors that can help to reduce the risk of progression of some common eye diseases. Also, there are some optical aids that can improve just about anyone's visual acuity and eye comfort.

QUIT SMOKING

Smoking is a risk factor involved in age-related macular degeneration that can be changed. People who smoke are at a higher risk of developing macular degeneration which occurs when the centre of vision at the back of the eye (known as the macula) becomes scarred and unable to provide clear, crisp images to the brain for interpretation. Smoking cessation can reduce the risk of macular degeneration progression.

WEAR SUN PROTECTION

One of the biggest risk factors in developing age-related cataracts is UV light exposure, or being out in the sun and

not wearing any eye protection. Wearing sunglasses that block UV light or wearing clear, prescription glasses blocks many harmful UV light rays from reaching the eye. Most of our UV light exposure happens before the age of 18 so make sure your children wear sunglasses when outside to help keep the eyes healthy well into adulthood. Sunglasses help to reduce excess light from reaching the eye and as such, they also reduce glare, eye strain, and even 'light blindness.' Sunglasses (available in prescription, if necessary) are always recommended when driving or boating to help reduce eye fatigue and accidents due to glare.

WEAR SAFETY GLASSES

If you are engaging in a contact sport, such as hockey, football, or badminton or, if you are engaging in work which is known to have increased eye injury, such as welding, pipe fitting, or gardening, wear the proper eye safety equipment. Visors and safety-sport glasses are designed to protect the eyes in these specific situations. Also, certain activities, such as welding, require special-



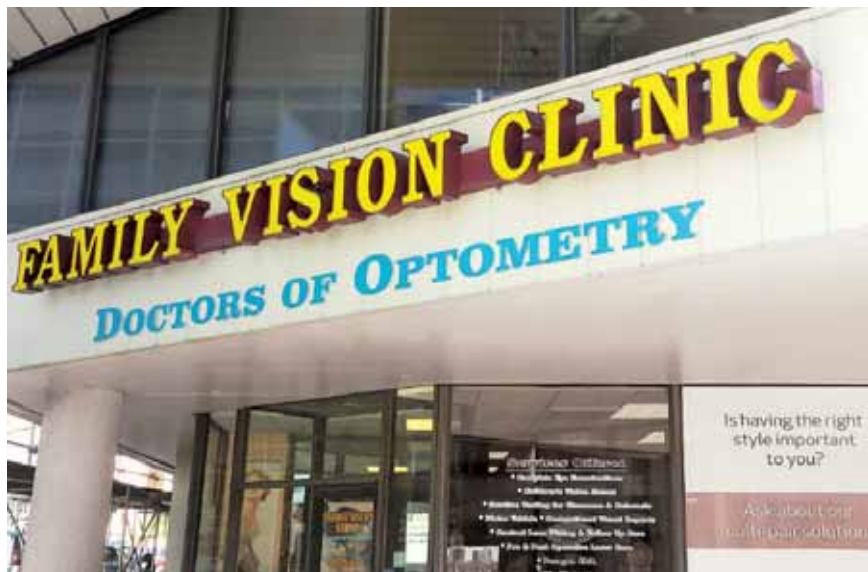
CONTRIBUTED

ized tints in the visor to protect the eye from the harmful light given off by the welding tool. Make sure that you wear the proper and certified safety equipment when engaging in these activities which have the potential to harm the eyes. Remember, you only have two eyes, protect them whenever you can.

WEAR AN ANTI-REFLECTION COATING ON YOUR PRESCRIPTION GLASSES If you wear prescription glasses, an anti-reflection coating will help to reduce everyday glare from sources such as computer screens, overhead fluorescent lights, night driving glare, and even glossy paper in magazines or books. Eye

strain is a common symptom people experience with increased close work and glare, and a good-quality, anti-reflection coating can help to alleviate some of these fatigue symptoms, along with more frequent breaks from near work.

The eyes are an integral part of the visual system and, without them, vision as we now know it, would not be possible. This season and all year round, think about protecting, preserving, and promoting your vision by keeping your eyes as healthy as they can be by maintaining regular, eye health visits to your optometrist; you can give yourself the gift of sight.



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Take care of allergies

What could be more irritating than red, puffy, swollen, itchy eyes? Thousands of people suffer with these signs and symptoms and it affects our overall appearance and our well-being on a daily basis.

Red eyes can be caused by bacteria, viruses, and most commonly, allergies. Allergic, red eyes can be the result of seasonal allergies due to an allergen from pollens of trees, grass, flowers, and weeds and are most abundant in spring and early summer. They can also be due to more common allergens such as dust, mould, mildew, or animal dander. Lastly, they can be due to contact dermatitis due to a brief exposure to an allergen such as makeup, face cream, food sources, or contact lens solution.

Nonetheless, all of the above can cause one or more of the following:

- Swelling of the eyelids
- Tearing/watery eyes
- Itchy eyes
- Redness
- Photophobia (sensitivity to light)
- Foreign body sensation (a feeling of something in the eye)
- Burning or stinging sensation

These symptoms do not often cause damage to our eyes but can cause blurred vision from mucus strands which can amalgamate in our tear film and cause blurriness. Any of these symptoms should be investigated by an eye doctor to properly diagnose and treat accordingly depending on the causal agent (bacterial, viral, allergy, etc).

Eye doctors have slit lamps, otherwise known as biomicroscopes, which magnify the front surface of the eyes and help assess the various tissues of the eye that are affected. The degree of inflammation, redness, swelling, presence or absence of papillae or follicles on eyelids are assessed, graded, and diagnosed.

The eye doctor can then proceed with the appropriate treatment.

In general, contact lens wearers should always discontinue wearing their contacts until they see an eye doctor for advice and possible treatment. The usual first cause of action to relieve symptoms of eye allergies are cold compresses, artificial tears, and discontinuing use of eye makeup.

Other treatments can involve prescription antihistamine eye drops, which can be prescribed by your eye doctor. With the advice of your family doctor and pharmacist, many patients benefit from the use of over-the-counter oral antihistamines. The fourth course of action is the potential use of prescribed, mild, topical, corticosteroid drops which reduce inflammation and redness.

This is often a short-term treatment to stabilize the mast cells which are the body's defence response against the allergens. Once stabilization occurs, further long-term treatment with safe antihistamine drops used daily can continue to keep the signs and symptoms at bay throughout the season. Avoiding the allergens and using cold compresses will continue to subdue the redness and itching and will help reduce the urge to rub the eyes (which only aggravate the situation). Your optometrist can often see you within a few days if your symptoms are acute and aggravating. These types of visits can be covered by MSI up to six times a year.

The optometrists at Family Vision Clinics' five convenient locations in HRM are dedicated to promptly seeing patients complaining of acute symptoms and will address their concerns in a timely and professional manner. They have multiple locations throughout HRM with available evening and weekend appointments to serve patients. Give one of the offices a call today at 902-443-2020. — Dr. Miriam Deby

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METRO CUSTOM PUBLISHING *FAMILY VISION CLINIC*

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Why it's important to wear your current eye glass prescription

Eyes cannot transmit clear vision if there are blurry signals

The eye itself is an integral part of clear vision perception.

The eyeball is like a transmitter by which the signals from the outside world get to the proper areas of the brain for interpretation and viewing.

If clear signals are reaching the vision centres in the brain, then most people will see things clearly, but, if

blurred signals — such as those that occur when one is not wearing their current eye glass prescription — reach the vision centre of the brain, blurry or unclear vision will result.

An eye glass prescription usually has greater changes in children and seniors, however, even adults can have prescription changes that are large

enough to warrant updating their spectacle lenses.

Problems driving at night can often be alleviated with new lenses.

In most cases, obtaining clearer vision during the day or at night, in the distance or up close, can be as simple as getting a regular prescription update from your optometrist.

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metr VIEWS

Your essential daily news

Tuesday, May 26, 2015

the big question

Why did Canada vote to keep nukes?

To show support for Israel — and it wasn't the only country to do so. Canada joined the United States and Britain on Friday in blocking a UN plan to hold a conference on nuclear disarmament in the Middle East by 2016 — a move that could have forced Israel to admit it's a nuclear power. Israeli Prime Minister Benjamin Netanyahu thanked Canada, saying "a weapons-of-mass-destruction-free zone can only be truly effective if all countries in the Middle East participate." To the disappointment of NGOs working to abolish nuclear weapons, disarmament efforts are on hold until 2020.

THE CANADIAN PRESS

Why not use taxis to grow accessible transit?

YOUR RIDE

Erica Butler



Disability advocate Gerry Post is enthusiastic about the latest idea he's hoping to bring to fruition on the city's accessibility advisory committee. If he gets his wish, it could mean doubling the number of people who benefit from door-to-door accessible transportation in Halifax.

The idea? To outsource Access-A-Bus service to Halifax's growing number of accessible taxis.

Access-A-Bus, for those not in the know, is a shared door-to-door transit service that helps people with severe mobility limitations get around, including those who can't use standard transit and people going for regular dialysis or other

medical appointments. "It's a great service," Post tells me.

But there are obvious drawbacks. Mainly, there's just not enough to go around.

"You've got to book a week in advance to get the time you want, and there's a waiting list of 700 people," Post explains.

That's only going to get worse. According to Statistics Canada, 20 per cent of Nova Scotians had some sort of disability in 2006. By 2026, that number is projected to reach 31 per cent.

This year, Halifax Transit is expanding Access-A-Bus capacity by adding two buses and replacing 10 of them. They're also adding two staffers to expand the hours for the reservation system, and to help reduce call wait times.

"HRM is trying to help us," Post says. "But I think

they're on a bit of a wrong route, so to say, with the Access-A-Bus."

Post wants to see a well-designed chit or voucher system, so that people currently using Access-A-Bus, and the many on the waiting list, can start using accessible taxis instead.

Right now there are 46 accessible van taxis operating in Halifax, and the city is considering a requirement to make all taxis accessible. (Currently, only accessible vans can side-step the years-long process for obtaining new taxi licences.)

The move would cut costs per ride by half, Post says, meaning that with the same budget, we could double our capacity to get people with severe disabilities from point A to B.

And if the new accessible-taxis rule comes into effect along with his out-

We could double our capacity to get people with severe disabilities from point A to point B.

sourcing proposal, "it could be a win-win for everyone," Post says. "Within five, six years it could all be taxis."

Post hopes to see his plan formally assessed and a pilot project happen as early as this winter, "when it's really needed," he says.

The first step — a motion asking for a staff report — is expected at this month's accessibility advisory committee meeting.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

ROSEMARY WESTWOOD

metroview



"It's time to shed the haughty gaze at the wayward tourist."

There's now one more reason to avoid Victoria's tourist-swarmed downtown core this summer.

Volunteers in 1940s-style British "bobby" uniforms — complete with egg-shaped hats — will be walking the beat "armed only with a smile, interesting historical facts and crime prevention information," according to police. It's an effort to make out-of-towners feel even more like they've escaped to a west-coast Pleasantville.

And it's another reason to hate on tourists.

You know, the camera-toting (don't you have a smartphone?!), meanderers clad in comfortable shoes, clogging the seawall in Vancouver and the streets of Kensington Market in Toronto. Also known, to one friend, as "THE WORST SIDEWALK WALKERS!"

They don't know where they're going, or how to get there. They turn our cities into marketing fluff and our streets into parking lots for tour buses.

But in our annoyance, we forget: We are tourists, too.

Canadians are the seventh-largest spenders on travel in the world, to the tune of \$37 billion in 2014.

The golden rule of a good trip is good people. That could be a travel buddy or a hostel crew, but it's also often

the locals. In Lisbon, Portugal, my sister and I made friends out of people who showed us the hidden bars and late-night hangouts, the beaches a short drive out of town, the best places to catch the sunset.

That's the hipster way to travel these days — getting the "local" experience. But we forget it relies on locals treating us, the tourists, like the potentially interesting humans we are.

I try to be kind to tourists, sometimes. I'll offer directions or tips on what to see and eat. But I've never looked at a tourist as a potential friend. And I've never been the source of someone's amazing story of travel to Canada.

There is another reason to stop hating tourists: They brought in \$17.3 billion in 2014. You've heard this before, but many people's livelihoods depend on them.

Yes, it is irritating to see my hometown become even more of a caricature of imagined Englishness. I didn't think Victoria could grovel any harder at the feet of its British roots. It can.

But whatever I think of the volunteer bobby idea, it's time to shed the haughty gaze at the wayward tourist. There's no point having a superiority complex if you don't help make your city a nice place to be.

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Putting on heels carries a sky-high price

RESEARCH

New study shows that stiletto-related injuries have doubled over the last decade

Injuries related to high-heeled shoes doubled between 2002 and 2012, according to a new study from the University of Alabama at Birmingham in the U.S.

And they're not just talking about blisters. The most common injuries were sprains and strains to the foot and ankle.

In fact, the damages were severe enough that upon publication of the study in the Journal of Foot and Ankle Injuries, the research team took the occasion to warn the public about appropriate footwear selection and awareness of one's surroundings.

"Although high-heeled shoes might be stylish, from a health standpoint, it would be worthwhile for those interested in wearing high-heeled shoes to understand the risks and the potential harm that precarious activities in high-heeled shoes can cause," says lead author Gerald McGwin, Ph.D., vice chair and professor of the Department of Epidemiology in the UAB School of Public Health.

Working with data from the Consumer Product Safety Commission's National Electronic Injury Surveillance System, McGwin and his team counted 123,355 high-heel-related injuries that occurred during the decade they surveyed.

The most eventful year was 2011 with more than 19,000 accidents.

The 20s are the most vulnerable years for high-heel-related injuries, followed by the 30s, according to the study.

Over 80 per cent of the injuries were to the ankle or foot, with less than 20 per cent pertaining to the knee, trunk, shoulder or head and neck, according to the study.

AFF

19,000

The number of high-heel accidents that occurred in the U.S. in 2011 — the most eventful year for mishaps — according to the study.

AFF



+ FASHION PAINS

Long-term damage possible

Walking in high heels has been shown to significantly reduce ankle muscle movement, which could restrict range of motion in the foot over time, according to the study.

Previous studies have established that high heels are often the culprit behind musculoskeletal issues and lower extremity discomfort, according to McGwin. Previous research shows women's feet begin to hurt after one hour and six minutes of wearing high heels. McGwin recommends that those who don high heels be aware of how often they do so and for how long. "We also noted that nearly half the injuries occurred in the home, which really supports the idea of wearing the right footwear for the right occasion and setting," says McGwin.

His research suggests high-heeled shoes have been in fashion for nearly 300 years.

AFF



How's the news today?

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metronews.ca/panel



Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

TOP SIX@6 LAST NIGHT:

- 6 Tori Kelly Nobody Love
- 5 David Guetta ft. Afrojack and Nicki Minaj Hey Mama
- 4 Jason Derulo Want To Want Me
- 3 Flo Rida ft. Sage The Gemini G.D.F.R.
- 2 Wiz Khalifa ft. Charlie Puth See You Again
- 1 OMI Cheerleader



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Defending Nickelback. Again.

POP PARIAHS

Now even Aussie police are drinking the Haterade

SOUND CHECK

Alan Cross



As Nickelback prepared to play a show in Brisbane, Australia, last week, the Queensland Police Service issued an Interpol-like alert. If your BS radar was even slightly detuned, it looked like a legitimate Simon Wiesenthal Center-level APB.

"WANTED FOR CRIMES AGAINST MUSIC," read the tweet. "Police are on the lookout for these men who are believed to be impersonating musicians around Boondall this evening. Avoid this area. It might be hazardous to your hearing and street cred."

This is good use of police resources? And what has the band ever done to deserve to be the subject of hatred?

I've done some digging into this. We can pinpoint the moment when it became fashionable to hate Nickelback. On May 5, 2004, Comedy Central began running a promo for a show called *Tough Crowd* featuring host Colin Quinn dissing a recent study that linked violent lyrics to violent behaviour. "No one talks about the studies that show that bad music makes people violent," he said, "but listening to Nickelback makes me want to kill Nickelback."

Until then, Nickelback was merely a popular mainstream rock band. But that promo ran again and again and again, causing the meme to take hold and — well, look where things are today.

Readers of *Rolling Stone* named them the second-worst band of the '90s, second only to Creed. Online dating sites warn that admitting to liking Nickelback is moderately worse than confessing you have incurable syphilis. But why?

Deconstructing the cause of Nickelback hate is surely worthy of some kind of PhD dissertation. Is it because Chad Kroeger spends too much time writing



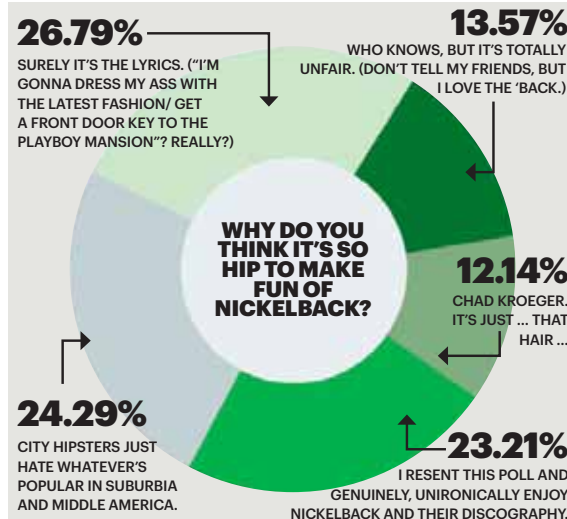
Wanted ... for crimes against music? Columnist Alan Cross thinks it's time we give Chad Kroeger and the rest of the boys in Nickelback a break. MARK DAVIS/GETTY IMAGES

songs about partying, getting blind drunk, sex, strippers and hookers? That doesn't make sense when you live through Van Halen, Mötley Crüe and Marilyn Manson.

Perhaps it's the slick main-

stream-ness of the Nickelback sound that doesn't sit well with critics, hipsters and fans of "proper" rock. Could it be over-exposure? How *You Remind Me* was the bestselling rock song of the '00s and played on American

METRONEWS.CA Reader poll



radio more than any other song that decade. It's easy to hate that kind of success. Or could it be — let's just say it — because they're Canadian?

Personally, I have nothing against Nickelback. They pro-

duce insanely popular rock songs that resonate with millions of people in the heartland. Any hate directed toward them is far, far out of proportion with what they do. Any doctoral candidates want to get to the bottom of this?

SPEECHES

Top experts lend a hand with public speaking

Elizabeth May's rambling remarks at the recent parliamentary press gallery dinner thrust the Green party leader into the spotlight for all the wrong reasons.

May apologized for her remarks, which included profanity and insulting the Conservative cabinet over its treatment of Omar Khadr, a former Guantanamo Bay prisoner recently set free on bail after nearly 13 years behind bars.

Before stepping to the mike at a convocation ceremony, retirement bash, anniversary dinner wedding reception, or national office meeting, public speaking experts suggest keeping a few tips in mind for mastering the big moment — and avoiding controversy.

Know your audience

Given that your audience in any public speech could range in age and background, it's best not to go "out of bounds," said Beverly Beuermann-King, a stress and resiliency specialist and certified speaking professional based in Little Britain, Ont.

"If you can't say it in front of all of those groups without kind of embarrassing or frightening or shocking them, then it's not an appropriate



Stick with your notes, even if you think your audience isn't responding. ISTOCK

story," said Beuermann-King, past president of the Toronto chapter of the Canadian Association of Professional Speakers.

"What you say when you're with your buddies is not the same as what you can say

in front of everybody else."

Be prepared — and make sure to stick to the plan

Write and rehearse your remarks and stick to them, said Jim Kokocki, president-elect of Toastmasters International.

"Sometimes, people in audiences aren't very demonstrative," he said from Saint John, N.B.

"So, while you write what you might feel is a brilliant script, you might not get laughs from the audience.

“These days, everything is public and could be made public.”

Jim Kokocki, Toastmasters

That doesn't mean they're not enjoying it.

"I've personally had situations where people didn't (seem to) respond to my humour, but afterwards, people came up and said: 'That was funny, I enjoyed it very much.'"

Kokocki said he doesn't think it's ever a good idea to push the envelope in public remarks.

"I suppose if you're in a small group with people you're absolutely sure you know well, you might choose to do that. But these days, everything is public and could quickly be made public," he said.

Tell a story

Beuermann-King said the desire to be perfect and impress everyone is often a source of stress prior to giving a speech.

"They put a lot of pressure

(on themselves) when in reality, people just want to hear a few stories about that person — appropriate stories — and just know that you wish them well."

She suggested sharing a brief, descriptive anecdote that helps guests feel connected to the tale.

"If it was a funny situation, describe it with the kind of detail that made it funny," she said.

"It could have been what he was wearing, or that he fell off his chair, or he went to say this and said that. The way that you described those things is going to bring the humour to reality for the audience.... Just telling them that it was really funny is not going to be really funny."

Keep it brief

"Figure out what those key stories are, making them about a minute or so apiece, give or take," said Beuermann-King.

"It really should be a three- to five-minute speech at most."

Kokocki suggested checking with the event's MC to determine how long the speech should be — and be prepared to whittle down the remarks.

THE CANADIAN PRESS



Scientists say that by 2050, the airborne concentration of ragweed pollen will be, on average, four times greater than current levels. SHUTTERSTOCK.COM

Ragweed to go on a rampage in Europe

ALLERGIES

North American weed to flourish overseas over coming decades

Itchy eyes, sneezing and wheezing are likely to spread in Europe in coming decades as a notorious allergy-causing North American weed goes on the rampage, scientists said on Monday.

Introduced to Europe in the late 19th century, common ragweed (*Ambrosia artemisiifolia*) is a plant with reddish stalks whose tassel flowers are massive producers of pollen.

Today, the plant is firmly established in northern Italy and southeastern France, and is spreading elsewhere in niche habitats such as farmland, roadside verges and railway embankments.

Looking at present trends, northern continental Europe and southern Britain will be badly exposed to the invader, according to the new research.

Scientists in France, Britain and Austria built a computer model factoring in ragweed's seed dispersal and pollen production, prevailing winds in Europe and likely scenarios for global warming.

"Climate change and ragweed seed dispersal in current and future suitable areas will increase airborne pollen concentrations, which may consequently heighten the incidence and prevalence of ragweed allergy," the paper said.

By 2050, airborne concentration of ragweed pollen will on average be four times greater than current levels, the scientists found.

North-central Europe, northern France and southern Britain, where pollen loads from ragweed are negligible at the moment, will see substantial increases, and concentrations will increase in many areas that are already ragweed-affected.

The study, led by Lynda Hamaoui-Laguel of France's Laboratory for Climate and Environmental Science, appears in the journal *Nature Climate Change*. AFP

+ PROLIFERATING POLLEN

About a third of the pollen increase will occur because of the weed's highly effective seed dispersal.

The remaining two-thirds will come from higher levels of carbon dioxide, which encourages vegetation growth, and chan-

ges to land use that will open up ragweed habitat in northern and eastern Europe.

Also called bitterweed, blackweed or American wormwood, the plant has invaded parts of Australia, South America and Japan.

SMOKING

Study: E-cigarettes good as a short-term quitting aid

A new study into how e-cigarettes can help people quit smoking long-term suggests that the biggest effects are felt over the first month.

The paper, presented at the 2015 American Thoracic Society International Conference, finds that "e-cigarettes have been shown to significantly improve abstinence at one month" when com-

pared to placebo electronic smokes.

Lead author Riyad al-Lehebi and his University of Toronto colleagues searched two medical databases' worth of previous studies — 4,569 abstracts identified — coming back with 297 articles and then whittling them down to two randomized trials and two uncontrolled before-and-after studies.

Their findings can make a significant difference for those seeking to abstain from traditional forms of smoking, at least over an initial month-long period.

But only one study went on to evaluate continuous abstinence at six months, with results from e-cigarettes equal to those obtained by subjects using open-label nicotine patches instead. AFP



E-cigarettes can help people quit short-term.

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How to avoid feeling excluded

MANNERS

If no one else is going to make introductions, you should

URBAN ETIQUETTE

Ellen Vanstone



Dear Ellen,
I was walking down the street with my friend, when we ran into a guy he knew, so my friend and this other guy started talking while I just stood there feeling really awkward. I kinda half-smiled like an idiot, then I took out my phone and pretended to be busy, then I just started getting irritated. Should I have said something? Or would that have made me look too insecure or oversensitive?

— Mikala

Dear Mikala,
First of all: You were not being insecure or oversensitive. You were having a sane and normal



If your friend doesn't introduce you, avoid an awkward situation by introducing yourself. ISTOCK

reaction to being treated with rude indifference.

It's fine to wave or exchange a word or two with someone you pass on the street, but as soon as your friend embarked

on a longer conversation with the new guy, he should have paused to introduce you to him, and him to you.

This is basic good manners — on the street, in restaurants,

at parties. There's a whole raft of rules and regulations about formal introductions, mostly about introducing royalty and the elderly before peasants and children (which you can find and

study online if you want).

But the only rule that matters is this: Don't let anyone stand around feeling excluded from a conversation — including yourself. If no one else is going to

make introductions, you should.

Think about it. You were standing there feeling uncomfortable, but maybe the new guy was also feeling a bit weird — especially if you half-smiled like an idiot, then whipped out your phone and pointedly ignored him, then stood there glaring at him with irritation. (Rule of thumb: It's never good manners to be passive-aggressive.)

It's much better to avoid this by introducing yourself right at the start — “Hi, I'm Mikala!” — and put everyone at ease. It doesn't mean you have to horn in on the conversation. You can stand by politely while they chat, but the door is now open for communication between all parties.

This approach will also be much nicer for your ill-mannered friend. Now you don't have to attack him for being such a rude pig the second you walk away from the new guy, or punish him with silent, fuming resentment all day, which, as mentioned, would be passive-aggressive and therefore rude, which you are not, right?

Need advice? Email Ellen at scene@metronews.ca

Titan Domestic Long Hair

Three-year-old Titan came to us in February and although she is of average size, she has a giant heart and a larger-than-life personality. To describe her as beautiful would be an understatement. . . she is a catch in every sense of the word. Titan is animated, people friendly and far from shy. She is deeply interested in everything going on around her and demonstrates great appreciation when offered soothing words of encouragement. We think she would make a wonderful addition to any household. If you would like to make her acquaintance, please drop by the shelter today.



For more information on **Titan** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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RESEARCH

Want to get more exercise? Then get a new playlist

Personalized music playlists with tempo-pace synchronization turned a group of cardiac rehab patients into devoted fitness enthusiasts, increasing adherence to exercise programs by 70 per cent, according to a new study.

It's your favourite music on playlists that have been sonically modified by audio experts who embed extra rhythmic beats, enhancing the listening and exercise experience in an effect that's called rhythmic auditory stimulation (RAS). The study has implications for patients whose long-term survival could depend on getting exercise, but they could pertain to just about everyone.

“The music tempo-pace synchronization helps cue the



An optimized playlist was shown to help cardiac rehab patients exercise more. SHUTTERSTOCK.COM

person to take their next step or stride and helps regulate, maintain and reinforce their prescribed exercise pace,” says Dr. David Alter, senior scientist for Toronto Rehab at University Health Network and Institute for Clinical Evaluative Sciences.

Those who received playlists with ordinary tempo-pace synchronization did an average of 105.4 minutes more exercise than those who exercised without music, yet those whose playlists had

been tweaked for rhythmic auditory stimulation (RAS) exercised for at least 261.1 minutes more than both the other groups.

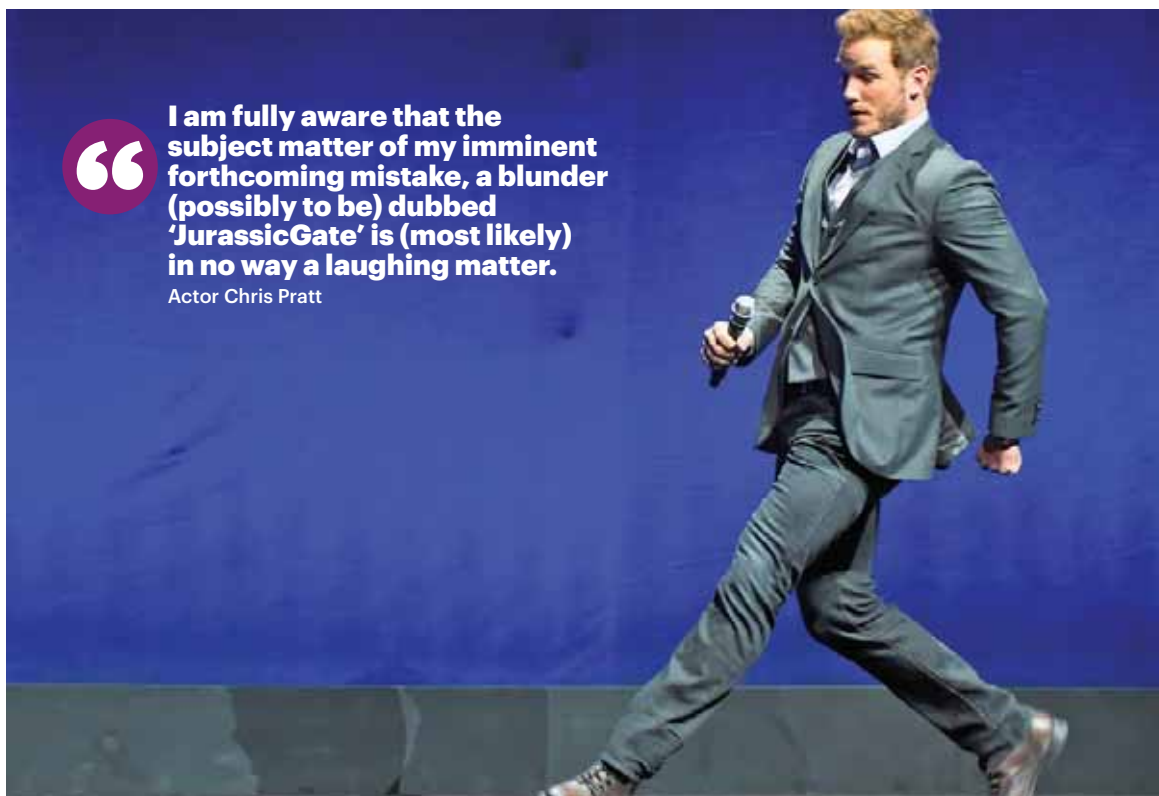
Crunching the numbers, the researchers whose study was published in *Sports Medicine* concluded that this corresponds to a 70 per cent increase in weekly exercise. Dr. Alter says cardiac rehab patients could be key to establishing its effectiveness due to their high rate of exercise abandonment. AFP

“It would correlate with a projected life expectancy increase of two and a half years.”

Researcher Dr. David Alter, on the health benefits of the extra exercise

“I am fully aware that the subject matter of my imminent forthcoming mistake, a blunder (possibly to be) dubbed ‘JurassicGate’ is (most likely) in no way a laughing matter.

Actor Chris Pratt



Actor Chris Pratt is looking to get out in front of whatever flub he might make by releasing a catch-all apology. ALL PHOTOS GETTY IMAGES

Pratt gets ahead of future flubs

PRESS TOUR

Jurassic World star releases pre-emptive apology



Ned Ehrbar

At least someone learned something from the trouble Jeremy Renner and Chris Evans caused during their Avengers: Age of Ultron press tour with references to Scarlett Johansson's character as a slut.

Fellow Marvel stable-mate and Jurassic World star Chris Pratt is looking to get out in front of whatever potential flub he might make by releasing a wonderfully worded catch-all apology message before

he even begins his press tour.

“I want to make a heartfelt apology for whatever it is I end up accidentally saying during the forthcoming ‘Jurassic World’ press tour. I hope you understand it was never my intention to offend anyone and I am truly sorry. I swear. I’m the nicest guy in the world. And I fully regret what I (accidentally will have) said in (the upcoming foreign and domestic)

interview(s),” Pratt writes.

“To those I (will have) offended please understand how truly sorry I already am. I am fully aware that the subject matter of my imminent forthcoming mistake, a blunder (possibly to be) dubbed ‘JurassicGate’ is (most likely) in no way a laughing matter. To those I (will likely have had) offended rest assured I will do everything in my power to make sure this doesn’t happen (again).”

THE BREAK IS OVER ...

Emma and Andrew spotted together

Rumours have been circulating that the break Emma Watson and Andrew Garfield had been taking from their relationship is all done since they’ve been spotted enjoying some meals together in Los Angeles.

And now this: Paparazzi caught the pair out grocery shopping together, and I think we all know what that signifies, right? I mean, I know a Ralph’s supermarket in Malibu isn’t the most romantic of venues, but they were holding hands and everything.

And it was the first time they’d been photographed together since January. “It was always a ‘break’ due to sched-

ules,” a source assures E! News. “They care for each other and always have the best time when together.” Even at the grocery store, apparently.

NED EHRBAR/
FOR METRO



FULLER HOUSE

#Heartbroken over the Olsen twins

So those reports last week that Mary-Kate and Ashley Olsen had come around on the idea of taking part in the upcoming Netflix Full House reboot? Yeah, not so much.

“Although Ashley and Mary-Kate will not be a part of ‘Fuller House,’ I know how much ‘Full House’ has meant to them and they are still very much considered family,” executive producer Robert L. Boyett said in a statement.

And if you think you’re broken up about it, check out John Sta-

mos. First he simply tweeted the hashtag #heartbroken before heading to Facebook.

“Just so you reporters know, this is not a money gig for any of us — quite the opposite,” Stamos wrote. “Sad that a few don’t share the rest of the cast’s opinion. I can only wish them the best.”

NED EHRBAR/
FOR METRO



GOSSIP NOTES Ban on Brand

Stop asking Katy about her ex, OK?

Sheesh. You marry a famous comedian who divorces you 14 months later, and reporters will never let you hear the end of it.

Katy Perry is still getting questions about Russell Brand more than three years after their split, and you know what? She’s had enough.

“He hasn’t spoken to me since he texted me saying he was filing for divorce,” she tells the Daily Telegraph.

“I don’t want to talk about him. My songs will say what I need to say.” So quit it, all right?

NED EHRBAR/
FOR METRO



Rutherford wins gruelling custody battle after three years

After a gruelling and ugly legal battle over custody of her children that spanned three years and two continents and drove her into bankruptcy, former Melrose Place and Gossip Girl star Kelly Rutherford has officially won sole custody of the two children she shares with ex-husband Daniel Gier-

sch, her lawyer confirmed to People magazine.

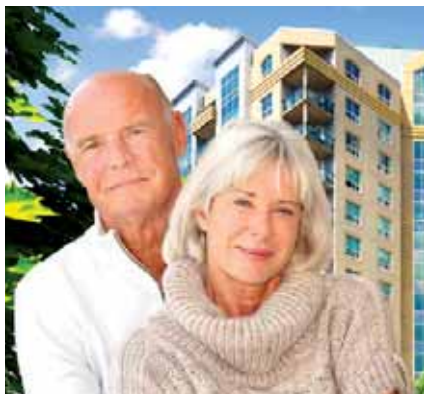
“We are ecstatic, and hopeful that Monaco will respect the California court’s ruling and send the children home,” Rutherford’s lawyer says.

“It has long been our position that Monaco has no jurisdiction because Hermes and Helena, as

American citizens, have an absolute right to live in their own country.”

NED EHRBAR/
FOR METRO





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the advantages of living in south end Halifax. Summer Crest Apartments on Spring Garden Road and 1488 Birmingham have everything downtown Halifax has to offer, just steps away from home.

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50+expo is mindful of past, present and future

The 50+expo will inform and entertain you like never before.

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The official opening is dedicated to these brave men and women. All veterans, military, police and first responders dressed in uniform will get in free.

John McDermott, singer, songwriter, and founder of the McDermott House Canada Foundation promoting the quality of life for veterans, military, first responders and community patients facing the final stage of a terminal illness, will perform to pay tribute

to these honourable groups.

Dr. Bill Thomas, world-renowned speaker and co-founder of ChangingAging™, is the keynote speaker. Thomas believes aging is a strength, rich in developmental potential and growth.

The amazing exhibitors provide cutting-edge information and introduce attendees to ideas for entrepreneurship, leisure activities, health and physical fitness, nutrition, housing, finances, educational opportunities, services, clubs, associations, as well as travel and recreation options.

The age-friendly initiatives' conference, demonstrations of visual and performing arts, and a dinner theatre event are also highlights of the expo this year.



Dr. Bill Thomas. CONTRIBUTED

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LEARN MORE ABOUT DOWNSIZING

You have thought about downsizing, now it's time to learn everything about it.

Killam is offering an information session called Downsizing Has its Ups June 16 from 6-7 p.m. at the Ramada Plaza Hotel at 240 Brownlow Ave. in Dartmouth.

For more information about the session and to RSVP, visit killamliving.com/sign-up/.

Killam regularly hosts information sessions to give you everything you need to make a move to a more manageable living

space. It is very casual and a no-pressure environment.

A representative from Killam Properties will be speaking, along with two residents who have recently downsized. A financial planner will talk about the financial implications that come with downsizing, and a life coach will explain the transition experience and how to make it a positive one.

Killam's contemporary living spaces offer safe, accessible living in a supportive com-

munity environment. Simply enjoy living in your home and Killam's friendly, dedicated staff takes care of the rest.

Having no more yard work or home maintenance to do, plus 24/7 security, gives you more time relaxing at home, and more time away from home vacationing with greater peace of mind.

When it comes to making downsizing a positive experience, the information session on June 16 is a great first step to better living.

Become part of Berkeley's welcoming community

It is a well-known fact that staying connected and engaged to people is one of the best ways to maintain excellent health and wellness. That is why The Berkeley takes pride in maintaining a very close-knit, welcoming community where residents and staff feel a genuine sense of belonging.

Living in private apartments, residents are able to enjoy their independence and privacy. They have the option to participate in daily activities such as exercise class, afternoon tea, card games, movie nights, and musical entertainment, as well as van outings to popular destinations, the theatre and shopping.

There are also other advantages to living at The Berkeley that can have positive effects on personal health. Residents dine in a full-service dining room that provides nutritious meals, allowing an opportunity for social time with their friends and neighbours every day, and the benefit of a healthy, home-cooked meal up to three times a day.

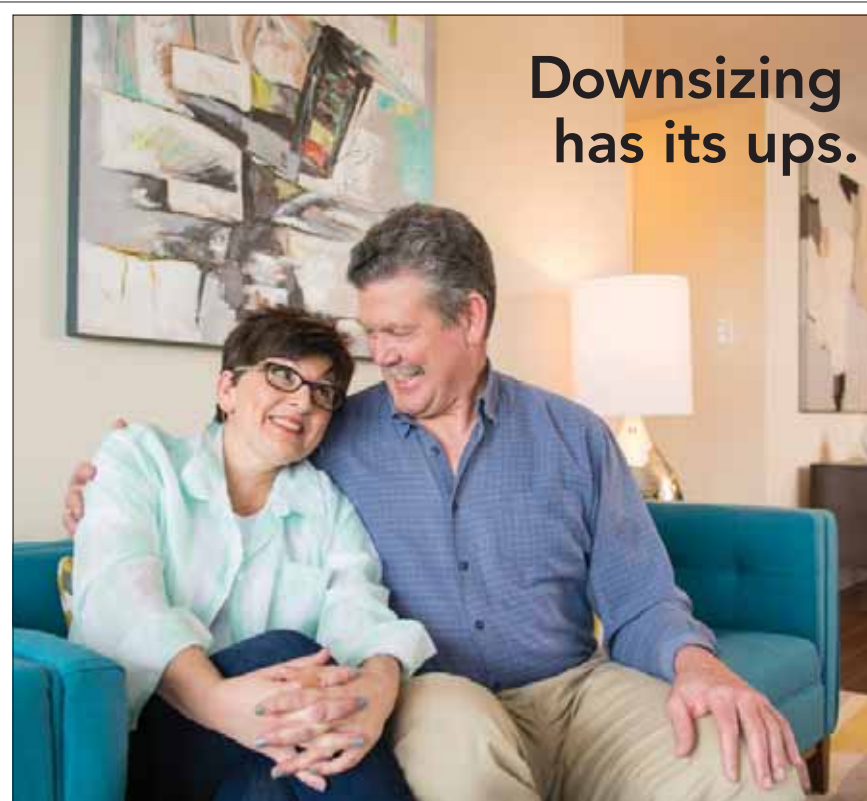
Often, seniors experience isolation and loneliness if they are living alone, and lack interest in cooking a meal for themselves, which can lead to a decline in their overall health. If you know a senior who might benefit from the perks offered by a retirement community, consider The Berkeley as an option and call for a tour. Sharing interests and experiences with like-minded



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companions can make all the difference to a person's well-being and longevity.

For more information or a tour, visit berkeley.com or call 902-802-0346.



Downsizing has its ups.

CONTEMPORARY LIVING

Learn more at our upcoming information session.

DATE: Tuesday, June 16th

TIME: 6-7 pm

PLACE: Ramada Plaza Hotel

RSVP at KillamLiving.com



A Fresh Start.

The Berkeley

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'The best kept secret in Dartmouth'

Sea View Landing is a newly constructed apartment building located on the shores of Halifax Harbour at 25 Arthur St. in Dartmouth. Sea View Landing offers a variety of one-bedroom apartments with spacious balconies and spectacular views of Dartmouth and the Halifax waterfront.

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Stonecrest Village. CONTRIBUTED PHOTOS

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Stamkos eager to finish the job against Rangers

NHL PLAYOFFS

Bolts could advance to Cup final with win Tuesday night

Steven Stamkos knows what it's like to come close to getting to the Stanley Cup final and wind up not playing on the NHL's biggest stage.

It happened to the Tampa Bay Lightning four years ago, and the three-time all-star is determined to not let another opportunity slip away.

After a slow start to the playoffs, the high-scoring team captain helped the speedy Lightning push the New York Rangers to the brink of elimination from the Eastern Conference final.

Game 6 is Tuesday night at Amalie Arena. A Lightning victory will send Tampa Bay to the Cup final for the second time in franchise history. And the Rangers are looking to extend the series to a seventh game, which would be played Friday night in New York.

"You kind of have to realize where you are and kind of use that as a little bit of motivation," Stamkos said. "The harsh reality is, some guys in this room may never get the chance to get this far again. Hopefully everybody does, but



Steven Stamkos has scored in the past four games and seven of the past 10 for the Lightning.

BRUCE BENNETT/GETTY IMAGES

you never know in this sport."

Stamkos knows first-hand. He and defenceman Victor Hedman are the only players remaining from the Tampa Bay team that came within one victory of playing in the Cup final in 2011. The Lightning lost Game 7 to Boston 1-0

and didn't win another playoff game until this year.

The two-time Maurice Richard Trophy winner was a young, rising star on that team. Now, he's one of the league's most prolific scorers, leading a club that's flourished in the playoffs even when Stamkos

has struggled to score.

After failing to find the back of the net in Tampa Bay's first eight games this post-season, Stamkos has scored in seven of the past 10 to help the Lightning eliminate Montreal in the second round and take a 3-2 series lead over the Rangers.

“As this playoff has gone on, Stammer just continues to rise to the occasion.”

Lightning coach Jon Cooper on Steven Stamkos

New York overcame a 3-1 deficit to eliminate the Washington Capitals in the second round. They've been a resilient team in reaching the conference finals three of the past four years, and say they believe they're capable of taking the series back to Madison Square Garden.

"We've obviously been in a few of these situations in the past and are very confident that our group is going to enjoy the opportunity and enjoy the challenge, get ready for it and come up with a good game," Rangers coach Alain Vigneault said.

"We know the situation we're in," New York centre Derek Stepan added. "We have to stay confident."

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 5 in the Western Conference final between the Ducks and Blackhawks.

NBA PLAYOFFS

LeBron won't give in to pain

LeBron James hurts everywhere, the King of Pain.

One win from taking the Cavaliers back to the NBA Finals, and one step closer to a title he covets more than any other, James leaned against a padded wall on Monday and hardly resembled basketball's most undeniable force.

"I'm feeling all right," he said, forcing a smile that showed he wasn't being entirely truthful. "I've been better, but I've been worse. I think I've been worse."

James moved slowly and not with his usual grace one day after his brilliant performance in Game 3 lifted Cleveland to a 114-111 win over the Atlanta Hawks in overtime, moving the Cavs within a victory of their first Finals appearance since 2007.

James wore a sleeve on his right calf, which cramped so severely he asked to be taken out Sunday night before re-considering. Instead, he pushed through the pain and delivered 37 points, 18 rebounds and 13 assists — all after an 0-for-10 shooting start — to help the Cavs take a 3-0 series lead.

He's battered, not beaten. James isn't going to let anything stop him. Not now. Not this close to his fifth straight Finals or a championship.

"When you want to win, you've got to sacrifice your body feeling good," he said. "That's just what it's about."

THE ASSOCIATED PRESS



LeBron James GETTY IMAGES

IN BRIEF

Canadian speedskater charged in auto accident

Four-time Olympic speedskating medallist Denny Morrison has been charged with failing to yield to a yellow light after a motorcycle crash last month left him with a broken leg.

The accident occurred when the athlete from Fort St. John, B.C., hit the side of a Toyota Corolla with enough force to upend the car. Two women in their 20s were in the car but did not need to go to the hospital. THE CANADIAN PRESS

MEMORIAL CUP

Rockets go off for 7 goals vs. Oceanic

Nick Merkley, Gage Quinney and Leon Draisaitl each scored twice as the Western Hockey League champion Kelowna Rockets downed the Rimouski Oceanic 7-3 Monday night at the Memorial Cup.

Madison Bowey, who had two assists, also scored as Kelowna chased starting goaltender Louis-Philip Guindon in favour of Philippe Desrosiers at 10:42 of the second period after scoring five times on 22 shots. Kelowna outshot Rimouski

Round-robin match

7	3
ROCKETS	OCEANIC

36-31 overall.

Chris Clapperton, Michael Joly and Frederik Gauthier scored for Rimouski (0-2), which has a must-win game Wednesday night against the Quebec Remparts. THE CANADIAN PRESS



The Kelowna Rockets' Tyson Baillie, left, grounds Frederik Gauthier of the Rimouski Oceanic in Quebec City on Monday night. JACQUES BOISSINOT/THE CANADIAN PRESS

NO SWEEP

Harden, Rockets live to play another game

James Harden scored 45 points on 13 of 22 shots from the field and the Houston Rockets avoided a sweep by beating the Golden State Warriors 128-115 in Game 4 of the Western Conference final on Monday night.

NFL

McDonald let go by Bears after assault

The Chicago Bears have released defensive end Ray McDonald following a domestic violence arrest in Northern California that police say stemmed from him assaulting a woman who was holding a baby.

Santa Clara police Lt. Kurt Clarke reports that McDonald was taken into custody at 7 a.m. Monday on suspicion of domestic violence and child endangerment. Police say he assaulted a woman while she was holding a baby at his home in Santa Clara. He was found about three hours later at a home in San Jose and arrested. Police did not disclose if the woman or the baby were injured.

The Chicago Bears released a statement Monday afternoon about the decision to let McDon-

+ SHORT UNION

Chicago signed McDonald to a one-year contract in late March knowing it was a gamble given his history of legal issues.

ald go. "We believe in second chances, but when we signed Ray we were very clear what our expectations were if he was to remain a Bear," general manager Ryan Pace said in the statement. "He was not able to meet the standard and the decision was made to release him."

Bears offensive lineman Chris Long quickly reacted to the move by tweeting "Good riddance."

THE ASSOCIATED PRESS



McDonald, who previously played for the 49ers, is accused of hitting a woman holding a baby. CHRISTIAN PETERSEN/GETTY IMAGES

SOCCER IN BRIEF

Madrid fires coach Ancelotti

Real Madrid has fired coach Carlo Ancelotti, one season after he led the club to its 10th European Cup title.

Club president Florentino Perez said Monday that Ancelotti's successor would be announced next week. Madrid failed to win a trophy this season, finishing second in the Spanish league — two points behind archrival Barcelona — and losing in the Champions League semifinals to Juventus. THE ASSOCIATED PRESS

FIFA bides time on 2026 host nation decision

FIFA has deferred a decision on potentially limiting which continents can bid to host the 2026 World Cup. FIFA's executive committee met Monday and had the option of blocking bids from confederations which hosted one of the two previous tournaments. As Russia will host the 2018 World Cup, the rule could exclude Europe from 2026 bidding. The USA, Canada and Mexico are likely candidates. THE ASSOCIATED PRESS

Russia keen to use prison labour for 2018 World Cup

Russian authorities are keen to use prison labour to drive down the costs of holding the 2018 World Cup. The Russian prison service is backing a bid by Alexander Khinshtein, a lawmaker from the ruling United Russia party, to allow prisoners to be taken to work at factories, with a focus on driving down the costs of building materials for World Cup projects. THE ASSOCIATED PRESS

Big pay day for Premier League new boys Norwich

Norwich joined promoted Bournemouth and Watford by securing an immediate return to the Premier League and a promotion windfall of approximately \$180 million by beating Middlesbrough 2-0 in the second-tier playoff final on Monday.

Norwich seized control of world football's most lucrative club match thanks to goals by Cameron Jerome and Nathan Redmond by the 15th minute at Wembley Stadium. THE ASSOCIATED PRESS



American Sloane Stephens shakes hands with her fellow countrywoman Venus Williams after defeating her during the first round of the French Open in Paris on Monday. MIGUEL MEDINA/AFP/GETTY IMAGES

Fading Venus falls at first hurdle in Paris

FRENCH OPEN

Williams was dispatched with ease by Stephens

A loss by Venus Williams in the first round at a Grand Slam is no longer the rarity it once was.

And, as it happens, the woman who beat Williams at the French Open on Tuesday, Sloane Stephens, is making a concerted effort, at her coach's behest, to focus less on who is on the other side of the net.

Still, it was hard not to see the 22-year-old Stephens' 7-6 (5), 6-1 dismissal of seven-time major champion Williams, who at 34 was the oldest woman in

the field, as a statement about the directions their respective careers are heading.

For the 15th-seeded Williams, it was her second opening defeat in three years at Roland Garros.

It also was the fifth time in the last 13 Grand Slam tournaments she's entered that she exited in the first round. Before that stretch, it happened once in 37 majors.

Williams didn't show up for a news conference, meaning she could face a fine. Instead, she issued a five-sentence statement that read in part: "When you arrive at any tournament, you hope you will have a chance to work your way into the event, but I didn't have that opportunity — she just played better than me today."

That is true.

“

She just played better than me today.

Venus Williams

The 40th-ranked Stephens, who has reached the French Open's fourth round the last three years, was consistently strong from the baseline, making only 14 unforced errors to Williams' 30.

The biggest victory of Stephens' career came at the 2013 Australian Open, when she defeated Williams' younger sister Serena en route to the semifinals.

This was the first time Stephens had faced Venus Williams,

other than beating her in an exhibition as a teen.

"But," Stephens said, "I don't think that really counts."

Now Stephens joins Lindsay Davenport as the only Americans to have beaten each Williams at a Grand Slam tournament.

Two other seeded women lost Monday: No. 14 Agnieszka Radwanska, who was the runner-up at Wimbledon in 2012, and No. 22 Barbora Strycova. Two seeded men exited, too, including No. 11 Feliciano Lopez, who now has 10 first-round exits in 15 appearances in Paris.

Winners included No. 3 Andy Murray, who played with his wedding ring tied to his shoe and improved to 11-0 since getting married, and defending women's champion Maria Sharapova.

THE ASSOCIATED PRESS

MLB

Yankees back on track with rout



The Royals' Paulo Orlando fails to snag a three-run home run ball. THE ASSOCIATED PRESS

Brett Gardner, Brian McCann and Chase Headley homered during an eight-run first inning and the New York Yankees quickly erased the memory of a lost weekend, romping past the AL Central-leading Kansas City Royals 14-1 Monday to end a six-game skid.

Stephen Drew added another three-run homer off a favourite foil of the Yankees, Jeremy Guthrie (4-3), before New York made an out in the second.

MONDAY In New York

14	1
YANKEES	ROYALS

Slade Heathcott hit his first major-league homer in the seventh as the Yankees bounced back from a sweep by Texas.

They won for just the second time in 12 games, beating the team that began

the day with the best record in the majors.

Guthrie entered 5-10 with a 4.92 ERA against the Yankees, mostly with Baltimore. And this time he was awful. He faced 16 batters and 13 reached with 11 scoring.

Guthrie, who started Game 7 of the World Series last year, became only the eighth pitcher to give up four homers before getting four outs, according to research to 1914 by STATS. THE ASSOCIATED PRESS

RECIPE Salmon with Avocado and Orange Salsa



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- 1 1/2 lb salmon fillet
- Salt and pepper
- Salsa**
- 2/3 cup finely diced orange
- 2/3 cup finely diced avocado
- 2 tsp orange juice concentrate
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped red onion
- 2 tsp olive oil
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- Salt and pepper
- 1/4 cup chopped cilantro

Directions

1. In a small bowl, combine the salsa ingredients. Stir to combine and set aside.
2. Preheat a barbecue to medium-high heat or lightly coat a non-stick grill pan with cooking spray and set over medium-high heat. Sprinkle the salmon with salt and pepper. Cook the salmon for about 10 minutes per inch of thickness or until the fish just flakes when tested with a fork.

3. Spoon the salsa over the salmon before serving.

Nutrition per serving (recipe serves 6)

- Calories 238
- Protein 26 g
- Carbohydrates 21 g

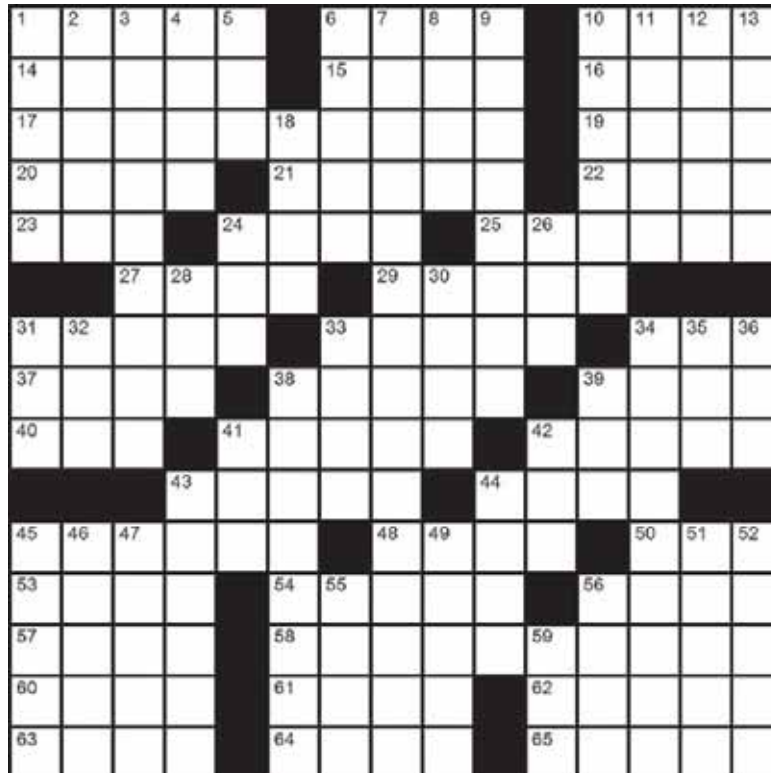
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Valuables keepers
6. Keener
10. Semi-wet
14. Suffix for a branch of knowledge
15. Cabbage: French
16. River inlets
17. Builder's printouts for the home buyers: 2 wds.
19. Covetousness
20. Tsp., et al.
21. Too critical
22. 'Problem' suffix
23. Type of orchestra, briefly
24. Cartoon friend of Pebbles, when doubled
25. Macbeth (Scotland-set mystery novel series by M.C. Beaton)
27. Complete
29. -face
31. Military trainee
33. -Montreal (Historic area of Quebec's largest city)
34. Tap on
37. -one's appetite
38. Type of eatery
39. Morning grass characteristic
40. Seasickness, -de mer
41. "Easy -" (1969)
42. Southern -
43. Comedian
44. -hoop
45. Patricia - Canadian director of "Mansfield Park" (1999)
48. Ancient attraction



50. Montreal NHL-er
53. By any chance?
54. Bright city signs
56. Sandy formation
57. Point
58. Government-owned expanses of Canada: 2 wds.

60. Payment in poker
61. Go on a country walk
62. Book's brief beginning
63. Not as much
64. The - Coast
65. Namesakes of actor Mr. Diggs

DOWN

1. Couches
2. " - Love" by Led Zeppelin
3. One employed for sandals advert: 2 wds.
4. Characters' selves
5. Central Asia river,

- Darya
6. Happy as -!
7. Member of the Order of Canada who is a 5x Olympian in track: 2 wds.
8. Geological periods
9. 1998 Jackie Chan action com-

- edy: 2 wds.
10. Whimsically wondered
11. " - a stinker?" - Bugs Bunny
12. Canadian author Ms. Gallant
13. Dule Hill series of 2006 to 2014
18. " - Lap" (1983)
24. Vegas wager
26. Lac- - Sables, Quebec
28. Animal doc
30. Labatt product
31. Uniquely-spelled mountain basin
32. "Just as I thought!"
33. NFLD: Quidi - (St. John's neighbourhood)
34. Marg - (Politicians-interviewing character for Canadian comedian Mary Walsh)
35. Pointy tool
36. TTFN
38. Sunday: French
39. Rocker Mr. Shannon
41. Movie genre, -com
42. Roll
43. Truly, archaically
44. " - " Hers
45. Queenly
46. Pertaining to sheep
47. Tangs
49. Dry, basically
51. Outkast member, - 3000
52. Kisses: Spanish
55. 'Ranch' suffix
56. Mr. Carvey
59. On, as a candle

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Strangely, you will get a lot more done today if you slow down and try to do less — not least because you won't have to spend so much time correcting your mistakes!

Taurus April 21 - May 21
If someone is critical of you today there can only be one reason: they are jealous of your popularity and success. If they say that you are doing something wrong the more you can be sure you are doing it right.

Gemini May 22 - June 21
Get routine matters out of the way as early as you can because later in the day you will get an invite you won't want to turn down. Take your responsibilities seriously, but not so seriously that you cannot enjoy yourself.

Cancer June 22 - July 23
You may not care too much about money and possessions, but try not to give others the impression today that you will give them whatever it is they want from you.

Leo July 24 - Aug. 23
Jupiter in your sign is a wonderful influence and you won't lack for confidence over the next few days. But can you balance it with common sense? If not you might go over the top.

Virgo Aug. 24 - Sept. 23
You may be eager to try new things, but don't take unnecessary risks with money or your reputation. While your ruling planet Mercury continues to move retrograde you should aim to play safe, in some things at least.

Libra Sept. 24 - Oct. 23
Do you see things the way they are or the way you would like them to be? That's an important question because the planets warn you could be a little too optimistic for your own good today.

Scorpio Oct. 24 - Nov. 22
Someone you have to deal with today and tomorrow may seem scary but they are more afraid of you. You always seem so self-possessed and sure of yourself and it can be quite intimidating!

Sagittarius Nov. 23 - Dec. 21
You don't have to make apologies to someone you fell out with. Why should you when they are wrong and you are right? On the other hand maybe you should soften your tone.

Capricorn Dec. 22 - Jan. 20
You seem to be under the impression that you can get away with anything. It may or may not be true but either way it's not a wise attitude to take.

Aquarius Jan. 21 - Feb. 19
Can you believe what a friend or relative says? It may sound outrageous but according to the planets they could be telling you the truth. What do your instincts tell you?

Pisces Feb. 20 - March 20
Don't push yourself too hard over the next 24 hours. If you can get away with it today you should knock off early from work and give both your brain and your body a rest. Your batteries are desperately in need of a recharge.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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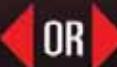
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